

Rohan's Biryani



Feeds 4-5 people

Ingredient	Quantity
White Basmati Rice (Long grain)	250g (2 cups)
Carrots	1 or 2
Frozen sliced green beans	100g
White Onions	250g
Frozen Peas	100g
Cauliflower (optional)	5 or 6 florets
Salt	2 tbsp.
Beef Tomato	1
Ginger garlic paste	3 tbsp.
Mint leaves	1 packet
Chinese Cinnamon sticks	2 inches
Cloves	2
Bay leaves	4
Star Anise	2
Cardamom	8 pods
Fennel seeds	½ tsp.
Chilli Powder	1 tsp.
Unsalted Butter	150g
Sliced White Bread (Thick cut)	5 slices

Vegetable Biryani Instructions

Prep Work

- **Rice:** Wash rice in a bowl. Leave it to soak in clear water until it is time to add it to the pot.
- **Vegetables:** Dice the onions, carrots, and tomatoes. Chop the mint.
- **Bread:** Cut bread into squares; fry in butter until golden and set aside.

Cooking Method

1. **Sauté Aromatics:** Melt butter in a deep pan. Add the bay leaf, cinnamon, cloves, cardamom, and fennel seeds; stir for 30 seconds.
2. **Soften Onions:** Stir in the onions and ginger-garlic paste for 1 minute.
3. **Add Veggies:** Add the carrots, tomatoes, peas, and beans. Stir for 1 minute.
4. **Season:** Mix in the chili powder, salt, and half of the chopped mint.
5. **Boil:** Add 2 cups of water, cover, and bring to a boil.
6. **Simmer:** Add the drained rice, stir and cover it with the lid.
7. **Cook:** After 5 minutes, stir once and cover again. Reduce heat to low and simmer for 10 minutes.
8. **Finish:** Once the rice is tender, fold in the fried bread and serve.

Refreshing Pomegranate & Mint Raitha



Ingredient	Quantity
Greek Yoghurt (Full fat)	250g
Pomegranate seeds	250g
Mint	5 leaves
Red Onion (Medium)	1
Cucumber (optional)	½
Salt (optional)	½ tsp.

Instructions

- Finely dice the red onion and cucumber.
- Chop the mint leaves.
- In a small bowl, mix the yogurt with the diced onion, cucumber, and pomegranate seeds.
- Fold in the chopped mint and salt to taste.
- Chill until ready to serve alongside your biryani.

Note: This recipe is flexible! Feel free to include or exclude the cucumber, onion, or pomegranate based on your personal preference.

Mango Lassi



Ingredient	Quantity
Greek Yoghurt (Full fat)	750g
Alphonso Mango Pulp	850g
Cardamom	4 pods

Instructions

1. **Prep Cardamom:** Crush the cardamom pods using a pestle and mortar. Discard the husks and grind the seeds into a fine powder.
Tip: If the seeds are difficult to grind, add a half-teaspoon of sugar to provide friction.
2. **Blend:** In a large bowl or blender, combine the yogurt, mango pulp, and ground cardamom.
3. **Combine:** Whisk or blend until smooth and creamy.
4. **Serve:** Pour into cups and serve chilled.
5. **Optional:** garnish with crushed almonds or pistachio.